



Sherborn LINK

JULY AUGUST 2012

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DO YOU HAVE NEWS?

If you represent a community organization and would like your activities posted in the LINK, please send us your information by **the first** of the month.



Meet Sheila Bresnehan, newly-elected Chairperson of the Council on Aging

As a member of the board of the Council on Aging for the past three years, I am honored to be the incoming Chairperson. I believe the COA embodies the community spirit that is so important to the residents of our town and offers a wonderful social element that keeps

us involved in our community and offers an opportunity to help our neighbors. The COA offers extensive programs and services which support our seniors and help keep them active and living in their own homes.

I consider myself a "junior" senior—not yet at the point where I need many of the services our COA offers, but I still want to keep involved in the future of our community. As our children become young adults and we are no longer involved in their schools and their activities, our interests change. This is where our COA comes in. As more and more baby boomers turn 60, it is even more important to offer programs and opportunities to enjoy our community and our special town. "Lifetime Learning" is just one of our programs that provides all of us an opportunity to continue to grow and learn and meet other people in our town.

As the COA Board looks forward, our goal for the future is to make our town even more senior-friendly. Some of our initiatives include extending some of our sidewalks around the town center, providing convenient and efficient transportation and developing an over-55 community with smaller homes or townhouses with a senior center as part of the development.

Please join us. There are many opportunities to get involved. You can volunteer a few hours a month, teach a Lifetime Learning course, write a grant, help with our newsletter, to name just a few. We are looking for more "junior" seniors to become involved and make our community a place we all want to grow old in. As they say there's no place like home.

Sheila Bresnehan



Look for us on the web at www.sherbornma.org under Town Offices. The Council on Aging has its own website with information on services, trips, special programs as well as the Drop-In Calendar and a complete copy of this newsletter and past editions.

Sherborn Council on Aging Board

- George Shea, Chairperson
- Sheila Bresnehan, Vice Chairperson
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

Board Members

- Phyllis Braun • Sue Peirce • Jean Rosseau
- Chris Winterfeldt

Associate Members

- Ann Bekebrede • Shelley Cantor • Sonia Goldsmith • Ruth Johnson • Deborah Kennedy • Edna Roth • David Sortor • Susan Spense • Ruth Stewart • Ingela Svensson • Martin Waters

COA Staff

- Karen Juhl, Director • Laila Vehvilainen, Program Director • Linda Bellefeuille, Elder Advocate

If you are a senior or care for a senior and want information on programs or services that may help you, a parent or a neighbor have a better quality of life, call at 508-651-7858 or stop by the office (Lower level of Town Hall, 19 Washington Street). Office hours are below.

COA office hours

Monday, Thursdays & Friday 8 a.m. – 4 p.m.
 Tuesdays and Wednesdays 8 a.m. to 12 noon
 Late afternoon or evenings by appointment

HEALTH NEWS YOU CAN USE



Remember Sunscreen: Take simple steps to keep your skin healthy!

Stay in the shade between 10 a.m.- 4 p.m.

The sun’s rays are the strongest from mid-morning to late afternoon. Stay out of the sun during these hours. Wear sunglasses and a hat.

Use sunscreen with SPF 15 or higher.

Use sunscreen with both UVA and UVB protection. To get the most protection:

- Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds.
- Plan ahead – put sunscreen on 30 minutes before you go outside.
- Use enough sunscreen.
- If you wear very light clothing, put sunscreen on under your clothes. Wear long sleeves, if possible.
- Put on more sunscreen every few hours and after you swim or sweat.

The most safe and effective sunscreen include:

- Active ingredients zinc oxide, titanium dioxide or 3 percent avobenzene.
- Avoid oxybenzone and vitamin A (retinyl palmitate).
- Use creams or lotions, not sprays or powders.
- Buy sunscreens without bug spray. Apply bug repellent separately, if needed.

To access the 2012 listing of best sunscreens, go to: <http://breakingnews.ewg.org/2012sunscreens/best-sunscreens/best-beach-sport-sunscreens/>

Check your skin once every month.

Check your whole body once a month using a mirror. Check skin for a sore that doesn’t heal, a mole that bleeds, or any new growths. Pick a day and mark it on your calendar so you don’t forget.

Sources: U.S. Dept. of Health and Human Services, www.healthfinder.gov

Sherborn Senior Transportation Service



Call: JFK Transportation Service: 508-653-4500

Hours of Services 6:30 a.m. to 6 p.m.

Cost of Local Rides (each way):

- Sherborn: 1 ticket
- Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2
- Weston/Wellesley: 3 tickets
- Newton/Needham/Milford/Hopkinton: 4 tickets

Local ticket cost: \$30 for a 10 ticket card

Cost of Medical Rides to Boston:

One Way - \$20 Round Trip - \$40

Tickets to Boston: Special tickets are required for rides to Boston. These are available by mail or in person at the COA office at 19 Washington St.

For information, call the COA—508-651-7858.



One of

Sherborn's Notable Elders

Lucy Almasian

■ One of a series of articles profiling neighbors who have passed the eight-decade milestone and continue to live active, contributing lives. ■

Lucy Almasian is rebuilding her garden trying to create a natural setting by placing plants just the way nature might. Each plant is then expected to strive for life because living can be hard work—but worth the struggle. Lucy uses this as a guide particularly since the recent death of her husband Joe after almost 50 years of marriage. Now battling loneliness, she finds comfort in reviving the gardens around the house that she and Joe built.

Lucy attributes her strength to the example of her Armenian mother who, separated from her husband, survived the Turkish genocide of 1915 and with her two young boys made the long, difficult trek to the U.S. She knows only from history the horrors they must have endured because the experience was too painful for her mother to talk about.

Times were tough when Lucy was growing up in Marlboro, MA during the Great Depression; she still marvels at how her mother managed to bring up her second family. She was an example of initiative, enterprise and hard work. Lucy absorbed the lessons her mother taught wordlessly.

After graduating Cum Laude from Anna Maria College, Lucy took a job teaching math at Marlboro High School. As a new teacher she was given the challenge of five daily preparations! Simultaneously she took classes at Boston University and Harvard Extension to become qualified. She received a National Science Foundation grant for math teachers at UVM for two summers and for study at Boston College the following year. She was awarded her Masters in Education from Worcester State College and joined the faculty of Natick High School where she co-authored a geometry textbook.

It was during those years that Lucy Oulohojian met Joseph Almasian at an Armenian dance in Boston and they were married six months later in 1961. An apartment at Grout's farm was their home until 1967 when they settled into their present house, which Joe had designed.

The time came in the 70s when Lucy ended her teaching career, but hard work and involvement are so deeply ingrained in her way of life that volunteer activities were soon filling her time. She helped establish the COA and was a board member for six years, treasurer for four. She helped organize the Sherborn Senior Citizens and served on the Housing for the Elderly subcommittee of the Planning Board. She was a Sunday School teacher at Pilgrim Church and assisted the Town Clerk in town elections and the census. The list could go on.

Eventually Lucy's work for the Town Clerk motivated her to run for election to the office and in 1978 she prevailed in a field of three nominees. The first female to occupy the post, she loved her job and served the town well for 21 years.

Lucy and Joe had three children; Sosie, Joseph and Ani. They grew up with an appreciation for Armenian culture and traditions, and the family now with seven grandchildren: Taline, Haig, Anoush, Azinine, Armen, Meliné and Tamar continues those traditions today. Lucy tries to impress upon them how blessed they are to live in the United States where there is opportunity if you work hard and the threat of ethnic extinction is unimaginable.

Saddened by Joe's passing, Lucy tries to keep her focus on the living as symbolized by her thriving garden. She and her children still joke about looking for the shiny, "heads-up" penny on the ground—a message from Joe that he's watching over them, still playing music and doing crossword puzzles.

Ann Bekebrede

JULY DROP – IN CALENDAR



Garden Party and Picnic season is in full swing for Drop-In!

During the summer, we will have garden parties (as weather permits) at some of the loveliest homes in Sherborn. We will also have several picnics. Please read the schedule carefully and **make a reservation to join us by calling the COA at 508-651-7858, or e-mail cooprogram@sherbornma.org**. Suggested donation for lunch at Pilgrim Church Drop-In is \$2.00.

- July 5 Independence Day Celebration Barbeque at Woodhaven.**
Please RSVP to COA office. Suggested donation for special event: \$3. Please carpool with friends or neighbors who are coming; parking is limited.
- July 12 Garden Party-** Denise Barry's home– 1 Fawn Rd.
Please RSVP to the COA office as Denise will be providing lunch. Bring a folding chair.
- July 19 Health Lecture- "Gardening and Your Back: How to Keep Flexible and Be Pain Free"**
Carol Murfin, Physical Therapist, at *Back to You: Physical Therapy and Sports Medicine* in Sherborn will present information on proper lifting and bending techniques, and postural education. The presentation will be followed by questions and answers- bring your questions about reducing back pain!
Blood pressure clinic at 11.30 a.m., provided by Natick VNA and sponsored by Sherborn Board of Health
Lunch: Sandwich platter, bread/rolls, drinks and dessert
- July 26 Garden Party-** Alice Desmond- 187 Maple Street
Bring sandwich and chair. Salad, drinks and dessert will be provided.
- Special Thank You to Roche Bros. for their donation of baked goods***



Holiday BBQ:
Thursday, July 5

Please join us for our annual salute to summer! Come join us in the courtyard at Woodhaven (on Village Way) as we kick-off the summer. Bring a friend and a chair! The food is great and it's a great way to introduce someone to Drop In.



AUGUST DROP – IN CALENDAR

Drop-In continues at different locations in August. **Please call the office to RSVP.** Only one Thursday Drop-In luncheon will be held at Pilgrim Church. Whether it's a picnic or a luncheon, the start time remains the same: 12 noon. Suggested donation for lunch at Pilgrim Church Drop-In is \$2.00.

Please note the change of day for the first drop-in in August!

August 3 **FRIDAY- NOTE THE CHANGE IN THE DAY**

Dover/Sherborn COA Picnic at Powisset Farms- 37 Powisset Road, Dover, MA. Come and join us for a joint picnic with the Dover Council on Aging at the Powisset's pastoral landscape with its open fields and cluster of farm buildings. The 124-acre Powisset Farm is managed by the Trustees of Reservations as a Community Supported Agriculture program. Bring a sandwich. Salad, desert and drinks will be provided.

August 9 **Garden Party-** Chris Cooney's home- 55 Maple Street

Please RSVP to the COA office as Chris will be providing lunch. Bring a folding chair.

August 16 **"Your Rights as a Consumer: How to Complain and Get Results"**

Would you like to feel more in control when dealing with businesses about consumer issues such as returning defective merchandise, resolving credit card issues and complaining about poor service? Marie Taylor from the non-profit *Consumer Empowered Inc* will share tips to empower you to resolve issues, provide a list of resources and answer questions.

Lunch: Chef salad, bread/rolls, drinks and dessert

August 23 **Garden Party-** Jan Morgan's home– 14 Pleasant Street

Bring a sandwich and chair. Salad, fruit, drinks and dessert will be provided.

August 25 **End of Summer Picnic at Elm Bank, 900 Washington Street (Rt.16), Wellesley**

Join us for picnic at Elm Bank and see Massachusetts Horticultural Society's Gardens. Bring a sandwich and a chair. Fruit, drinks and dessert will be provided. Let's also celebrate summer birthdays!

Special Thank You to Roche Bros. for their donation of baked goods.



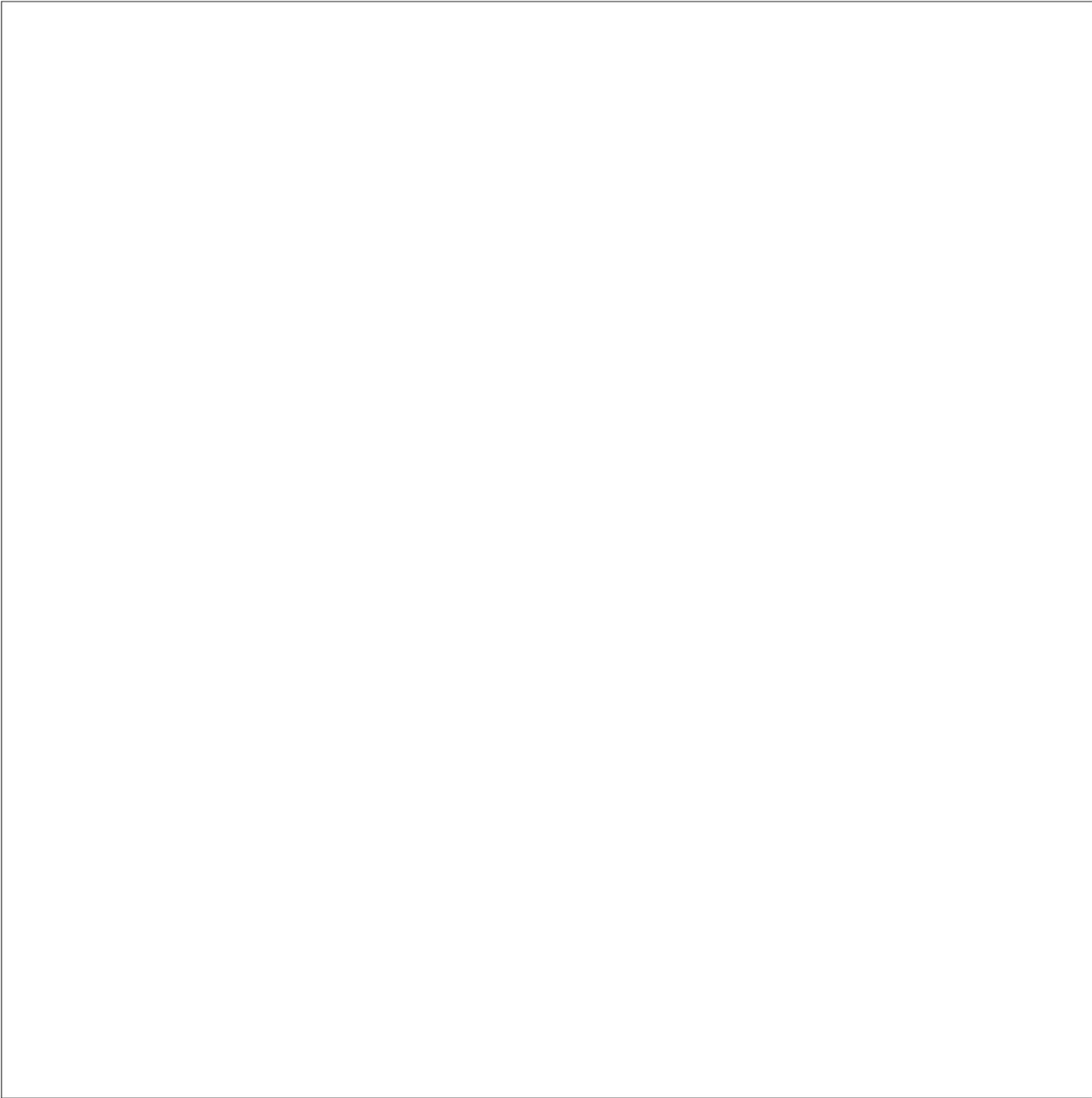
Garden Parties continue!

Summer garden parties are one of the highlights of our year thanks to the graciousness of our Sherborn friends and neighbors. We hope you will join us. Bring a friend, a sandwich and a chair as Drop-In moves outside for the summer. It's a great way to spend the day! Thank you to the hosts who opened their homes and gardens! (In case of inclement weather, call the COA for an update on the luncheon's location.)

SUMMER 2012

Bridge continues through the summer!
We're looking for new players, experienced, novice or just beginners to join us on the 2nd and 4th Thursday of the month at 1:30 p.m. in the Woodhaven Community Room. The time has been changed but the fun continues!

Sun	Mon	Tue	Wed	Thu	Fri
1	2 12:30 Lunch w/ COA @ Woodhaven	3 9:15 10:15 a.m. Exercise w/Linda	4 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	5 9:15 a.m. Exercise 12 noon— Drop-In Lunch	6
8	9 12:30 Lunch w/ COA @ Woodhaven	10 9:15 10:15 a.m. Exercise w/Linda	11 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	12 9:15 a.m. Exercise 12 noon— Drop-In Lunch 1:30—Drop-In Bridge	13
15	16 12:30 Lunch w/ COA @ Woodhaven	17 9:15-10:15 a.m. Exercise w/Linda	18 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	19 9:15- Exercise w/Linda 12:00 noon - Drop-In Lunch	20
22	23 12:30 Lunch w/ COA @ Woodhaven	24 9:15-10:15 a.m. Exercise w/Linda	25 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	26 9:15 a.m. Exercise 12 noon— Drop-In Lunch 1:30—Drop-In Bridge	27
29	30 12:30 Lunch w/ COA @ Woodhaven	31 9:15-10:15 a.m. Exercise w/Linda	<u>Drop In Luncheon</u> <i>Summer luncheon venues change from week to week— check the schedule on pg. 4 & 5</i>	<u>St. Theresa's</u> Exercise Yoga	<u>Woodhaven</u> Whichcrafters Bridge





Two Events Say Summer!

Mark your calendar now!

July 5: The COA's famous BBQ with luscious grilled food and all the trimmings to celebrate Independence Day and Summer. See details on pg. 4.

August 17: The annual Ice Cream Social! Nothing says summer like ice cream.

Join us for a scrumptious treat at 1:30 p.m. in the Woodhaven courtyard. Call 508 651 7858 to reserve your spot.

Exercise continues in the Summer! If you are going to be in town this summer and you want to meet some new friends, consider joining one of three COA exercise programs:

- ◆ *Exercise with Linda* is a low impact aerobic program that can be done in a chair if preferred.
- ◆ *Polarity Yoga* is a program designed to improve balance and reduce stress.

Both these classes are held at St. Theresa's Church and a \$3 donation is appreciated.

- ◆ *Water Aerobics* is held at Longfellow Sports Club in Natick an excellent form of exercise for increasing joint mobility, flexibility and cardio health. There will be two classes offered:
- ◆ Gentle Joints Plus Core begins on Wednesday, July 11 at 7:55 a.m.
- ◆ 'Swingin' in the Shallow begins on Friday, July 13 at 7:55 a.m. and is designed to improve balance and flexibility. The cost for this 6-week sessions is \$60. To enroll: call Laila @ COA 508-651-7858.

Thank You, Pattie and John Petrou

For more years than anyone can remember, Pattie and John Petrou coordinated Bridge for the Council on Aging. They helped teach beginners, welcomed Sherborn newcomers, and provided regular afternoons of good fun while challenging all participants to be better bridge players. They did an incredible job creating a homelike atmosphere in the Woodhaven Community Room.

Now Pattie and John are heading north to start a new life in New Hampshire. They leave with our sincere thanks and best wishes for happiness in their new home.



The COA Office will be closed on Wednesday, July 4 but join us at noon on July 5 as we celebrate with an old fashioned BBQ! Bring a chair and join us as we gather in the Woodhaven Courtyard.

Postal Patron
 Sherborn, MA

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